

Cardiopulmonary resuscitation (CPR) is a lifesaving technique that's useful in many emergencies, such as a heart attack or near drowning, in which someone's breathing or heartbeat has stopped. Cardiopulmonary resuscitation (CPR) is an emergency procedure consisting of chest compression often combined with artificial ventilation in an effort to manually preserve intact brain function until further measures are taken to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest. It is recommended in those who are unresponsive with no breathing or abnormal breathing, for example, agonal respirations. If you're afraid to do CPR or unsure how to perform CPR correctly, know that it's always better to try than to do nothing at all. The difference between doing something and doing nothing could be someone's life. CPR can keep oxygen-rich blood flowing to the brain and other organs until emergency medical treatment can restore a typical heart rhythm. When the heart stops, the body no longer gets oxygen-rich blood. The lack of oxygen-rich blood can cause brain damage in only a few minutes. High-quality CPR should be performed by anyone, including bystanders. There are five critical components:

- Minimize interruptions in chest compressions
- Provide compressions of adequate rate and depth
- Avoid leaning on the victim between compressions
- Ensure proper hand placement
- Avoid excessive ventilation

A recent study tested sixth graders and their capacity to use Hands-Only CPR to save lives. The study found that the majority of children could perform CPR in the correct location and at the appropriate compression rate, making this a viable group to train to help save lives.